

Senate Joint Resolution No. 5

RESOLUTION CHAPTER 23

Senate Joint Resolution No. 5—Relative to Cooking With Kids Day.

[Filed with Secretary of State May 23, 2011.]

LEGISLATIVE COUNSEL'S DIGEST

SJR 5, Cannella. Cooking With Kids Day.

This measure would designate every Sunday as Cooking With Kids Day and would memorialize Congress and the President of the United States to act likewise and adopt a resolution to encourage families across the country to pledge to cook healthy meals with their kids at least once a week and to adopt policies to help improve access to affordable and healthy foods and beverages.

WHEREAS, The Legislature unanimously passed SCR 94 of the 2008 Regular Session proclaiming the second Saturday in May as “Cook With Your Kids Day” to encourage parents, caregivers, and children to spend time in the kitchen together and prepare a healthy meal, commit to new healthy habits, make healthy food choices, and set achievable goals for their family in an effort to create healthy habits from childhood and fight childhood obesity; and

WHEREAS, Our children are California’s most precious and joyful responsibility, and we are obligated to do all we can to make the good health of our children our number one goal; and

WHEREAS, Childhood obesity is considered by many to be an epidemic in western countries, where now one out of every three children is considered overweight or obese; and

WHEREAS, Local, state, and federal governments recognize the tremendous health risk to our children and the added burden to our health care costs in this country from obesity and are now taking an active role in fighting childhood obesity through new programs, including improved nutrition education and access to healthier school lunches; and

WHEREAS, The President of the United States signed a memorandum on February 9, 2010, creating a new interagency task force that included 12 federal agencies to address the problem of childhood obesity in the United States; and

WHEREAS, The President’s task force identified 70 specific recommendations, many of which can or have been implemented immediately. The report broadly summarizes the task force recommendations, including getting children a healthy start in life with good prenatal care, providing healthy food in schools, improving access to healthy food in schools, and getting children more physically active; and

WHEREAS, Children have historically led their parents when embarking on a culture change. Children often learn skills and disciplines and reinforce new behaviors in the family dynamic, for instance, helping to teach their parents how to do a better job recycling and to understand new technologies, such as social networking; and

WHEREAS, Children are more likely to eat healthier when they are involved in their food choices and their food preparation; and

WHEREAS, Children who help their parents plan a meal, shop for the groceries, and prepare the food they buy, are empowered to make healthier food choices; and

WHEREAS, Children who are connected to the food supply at a young age become more conscious consumers as adults; and

WHEREAS, New venues such as the Food Network and network television have introduced adults and children to fun, healthy ways to enjoy family time together while creating healthy meals. These new venues and their celebrity chefs are leading families in a culture change in our relationship with food; and

WHEREAS, Nongovernmental foundations, such as “Cooking With Kids,” also known as CWK, are helping kids learn skills to not only make healthy food choices, but that will help them stay healthier for a lifetime and provide possible career paths for their future; now, therefore, be it

Resolved by the Senate and the Assembly of the State of California, jointly, That the Legislature recognizes every Sunday, so long as it does not conflict with personal beliefs, as “Cooking With Kids Day” in order to encourage parents and children to spend time in the kitchen together and prepare a healthy meal; and be it further

Resolved, That the Legislature recognizes the health benefits of cooking with kids at least one day each week throughout the year and encourages parents, caregivers, and children to shop together, select ingredients, and prepare a healthy meal to share together each week; and be it further

Resolved, That the State of California respectfully memorializes the Congress and the President of the United States to act likewise and adopt a resolution to encourage families across the country to pledge to cook healthy meals with their kids at least once a week and to adopt policies to help improve access to affordable and healthy food and beverages; and be it further

Resolved, That the Secretary of the Senate transmit copies of this resolution to the President and the Vice President of the United States, to the Speaker of the House of Representatives, to each Senator and Representative from California in the Congress of the United States, and to the author for appropriate distribution.